

GUANTANAMO BAY *Gazette* Online Edition

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Girl Scout Goodies for GTMO Guards



Photo by JOC Ric Evans

Stepping out of a vehicle at Freedom Heights, the name given to the tent city that houses the guards for Camp XRay here, the first thing you notice is the similarity to what you might imagine would be summer in Kandahar -- heat, sun glare and dust! The difference is that the Soldiers and Marines assigned duty here got some recent help finding a tasty way to spend some "off duty time." The Junior Girl Scouts of Troop 454 of Naval Station Roosevelt Roads, with the help of Capt. Robert Buehn, made members of that hard-working team very happy. The Captain delivered several cartons of Girl Scout Cookies and well-traveled banner above to Freedom Heights and where they brought smiles to these deserving men and women.

TAP Class Scheduled

A Transition Assistance Seminar, also known as TAP class, is scheduled for March 11-14 from 8:30 am to 4 pm in Classroom A at Bulkeley Hall.

TAP class is designed to smooth the transition of military personnel and family members from government service. Whether you're retiring, going back to school, or looking for a new career, success requires planning and resources. TAP can help. Pre-registration is required, and spouses are encouraged to attend. Contact your Command Career Counselor to register. The dress code for the class is business casual with uniform of the day optional. For more information, contact Ms. Bell at 5141.

BRIEFS

VA Representative to Answer Benefit/Entitlement Questions

A Veteran's Association representative will be available for individual appointments the week of March 11-14. Invitations are open to all active duty, retirees and their family members. The VA representative is only available once a quarter, so this is your opportunity to have all those questions related to VA Benefits and Entitlements addressed. To schedule an appointment, contact Georganna Bell at 5141.

The VA representative is also scheduled to appear Tuesday, March 12 on Open Line.

Areas that can be addressed include: Home Loan Guaranty Program, Insurance, Disability Compensation, Vocational Rehabilitation, Montgomery GI Bill - Active Duty/Selected Reserve, Top Up Program, Veterans Education Assistance Program (VEAP), Disability Pension - Non Service Connected, Survivor Benefits and Health Care.

Motorcycle Safety Courses

A Motorcycle Safety Course (AAA Approved) is tentatively scheduled April 3-8. All personnel who ride a motorcycle on base are required to attend. Space is limited

Continued on page 3

W.T. Sampson Joins in the Seuss-a-bration

This Saturday, March 2, is Dr. Seuss's birthday. Over the past few years, this day has developed in to a national reading day called "Read Across America." Since the event occurs on a weekend, children at W.T. Sampson Elementary school will be celebrating on Friday, March 1. Guest readers from around the base will be making appearances in classrooms to read a Dr. Seuss book to the children.

The response to the event has been so great that the school has expanded it to last throughout the month of March. The school has also expanded decided that in addition to participating in Read Across America, they will also Read About America. If you would like to participate, contact Pat Boswell at 2207.

According to the National Education Association, Dr. Seuss books, with their use of rhyme, make effective reading tools

for teaching young children the basic skills they need to be successful readers. When you celebrate the words and rhymes of Dr. Seuss, the message is clear that reading is not only important, but also lots of fun.

Storytelling is probably the oldest and cheapest form of entertainment known to humans, and the benefits are far greater than many present-day choices available to children.

Reading . . .

- teaches children to communicate effectively.
- creates a desire to read by building positive relationships with books.
- often enables children to learn more easily and confidently.
- helps improve listening skills, expand vocabulary,

improve memory and expand understanding of the world and the self.

- creates a warm and secure environment and strengthens the parent-child

relationship.

What turns kids on to reading? According to research from the National Commission on Reading, the answer is simple: Read to your child 15 minutes a day.

How early should you start reading to your child? Recent studies of the brain show that the best time to start reading to your child is right after he or she born, perhaps even before, may be best.

Here are some simple reading techniques you can use to help you and your children get the most out the reading experience:

- Start when you're rested and focused.
- Eliminate or reduce distractions such as television or other people.
- Narrow the distance between you and your children. Hold them in your lap, put your arm around them, or sit next to them when they are in the crib. Make sure they can see the illustrations.
- Physically dramatize what you read. The action will bring the story to life and hold a young child's attention longer.
- Make key words sound like their

see Reading, page 11



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Taekwondo Students Take Test; Popular Class grows to 117

The Guantanamo Taekwondo Class held their second belt testing at the gym on February 16. Over 40 students tested for their next higher belt.

Instructor, Johnny Harper and assistant instructors, Matt Brittle and Ashley Harper have taught and trained GTMO residents and military personnel for the past four months in preparation for the belt exams. Belt testing allows students to demonstrate that they have mastered the skills required for promotion.

The Taekwondo class has proven to be very popular with both children and adults. The class has grown to over 117 students since the class began in mid-October of last year.

Classes are broken down into two segments. First the cardio segment, where you're guaranteed to break a sweat and burn calories.

The second segment involves skill instruction, which can sometimes continue the cardio workout. Each class is structured for beginners and the more experienced martial artist. There is also an advanced class for higher belts.

See Taekwondo, page 5



The GTMO Taekwondo Class -- Photo by Shirley Horne

BRIEFS

so reserve your seat no later than close of business March 1. Personnel who ask for the course after March 1 will be wait-listed. For more details, call 4526 or 4529.

OCSC News and Events

OCSC Scholarship Applications for seniors are available for pickup from Mr. Haley's office. All applications are due March 15. Call Jean Anne with questions or concerns at 5418.

Also, if your organization needs money, OCSC is now accepting financial assistance requests from community organizations. Requests must be submitted in writing by close of business March 15. Mail to OCSC, Box 161. Requests will be reviewed and funds distributed in June. For more details, call Caroline at 5338 AWH.

In other news, volunteers are needed to be dealers at Casino Night. Training is Monday and Thursday, 6 to 8pm at the Windjammer. Call Randi at 5444 if interested.

The next OCSC meeting is March 5 at 7pm at the Community Center. We will be taking nominations for officers for next year. If you are interested in holding an office, call Judy House at 5122.

Military Postal Service can help with Zip Code Troubles

In the military community, we are continuously establishing new zip codes. When a new zip code is issued through the United States Postal Service, there can be problems with post offices recognizing the new zip code right away. This may cause problems with a post office refusing to accept mail going to these zip codes. The Military Postal Service Agency has measures in place to assist customers when this problem arises.

The Postal Bulletin is a publication that is issued to all post offices every two weeks. Updates including the new zip codes and restrictions that apply to that zip are listed in this bulletin. If an article is brought to a post office to be mailed to a new zip code, and the clerk refuses it, ask that they look up the zip code in the Postal Bulletin or call 1-800-810-609, the toll free number to the Military Postal Service Agency. Their hours of operation are Monday through Friday, 0700-1630 EST.

If the employee refuses help, ask to speak to the supervisor or Postmaster. If there is still a problem with mailing an item to an active zip code, the provide the names and the location/zip code of the post office to MPSA and they will notify USPS for resolution.

Learn Skills, Play Touch Rugby



Thanks to Matt Godek Rugby and Soccer Supplies, of Arlington, Va., for their generous donation of rugby balls, t-shirts and videotapes of Rugby World Cup matches to the JTF and Navy Base.

Anyone interested in learning and/or playing a fast-paced touch version of rugby, borrow a tape, or cop a t-shirt, join us at the base gym every Tuesday and Thursday at 6 pm. For more info, call 5017.

U.S. Naval Base Guantanamo Bay, Cuba GAZETTE

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Energy Conservation

Buy energy-efficient equipment. When buying or replacing computers, copiers and other office equipment, compare energy requirements of various models

Force Protection Tip of the Week

Keep children safe.
Instruct your children to never open doors to strangers

Water Conservation

Total Used
6,828,648.0

Daily Avg
975,521

Daily Goal
700,000

We spent -\$36,644.31
OVER our goal last week.

MARCH 2002 TIDAL DATA

DATE	TIME	LEVEL	TIME	LEVEL	TIME	LEVEL	TIME	LEVEL
01	0354	-0.35	1026	1.25	1636	-0.23	2250	1.16
02	0454	-0.22	1114	1.12	1718	-0.31	2356	1.23
03	0600	-0.07	1156	0.99	1806	-0.35		
04	0056	1.27	0706	0.06	1244	0.85	1854	-0.35
05	0202	1.29	0818	0.17	1332	0.74	1948	-0.34
06	0314	1.29	0936	0.24	1432	0.65	2048	-0.30
07	0420	1.28	1054	0.27	1532	0.61	2148	-0.27



Above: Paige Dombroski of Brownie Troop 4 concentrates on her painting



Left: Ashley Raymer demonstrates how to clean out a mold

Bottom left: Making it a family affair, mom, Shirley Baggett, with daughter, Kimberly, get creative together.



Below: Kelly Baggett demonstrated how to pour a mold. All photos by JO2 Amy Kirk



Get Creative With Ceramics

By JO2 Amy Kirk

March is officially National Craft Month. What better place to get a little creative than at GTMO's Ceramics Center. Girls from Brownie Troop 4 and 6 found the center the perfect place to make special gifts for Mother's Day.

With approximately 1,300 molds available for all ages and genders, ceramic center patrons should be able to find and make beautiful gifts or decorations for the home.

Molds range from simple flowerpots to a detailed Civil War chess set, and there are qualified instructors on hand to help every step of the way. "Instruction is available on how to pour a mold, how to clean a mold, and painting with acrylics and glazes," explained Ceramics Center manager Diane Grewe.

Grewe has been working with ceramics for about 16 years and believes a lot of patrons find the hobby a great stress reliever. "It can be relaxing and also rewarding to see a finished project," she said. While giving painting instruction to the Brownie Troop 4, Grewe explained that you don't have to be perfect in the craft, just creative.

Perhaps that is the wonderful truth about any craft. It can be as simple or as complex as you like, and you do not have to be a serious artist. You just have to develop hidden talents and express your creativity to gain a sense of self-satisfaction.

With the relief of not having to be perfect, the girls from Brownie Troop 4 were unanimous in saying that the Ceramic Center was "fun." And, when asked if they would like to return, the answer was a loud "Yes!"

What draws most people into the center? According to Grewe, word of



Girls from Brownie Troop 6 made and painted Easter eggs. Photo by Patricia Loop

mouth has been the key advertisement. The center currently has 160 active participants, and with such a large interest, Grewe has decided to begin some specialized classes for both children and adults. She will be selecting various projects to be completed for each group. More information will be out soon regarding the classes.

Open seven days a week, the center has hours that accommodate almost everyone. Currently hours of operation are Monday – Friday, 9 am to 9pm, and Saturday and Sunday from 2 to 8pm.

Taekwondo, from page 3

Exercise and skill of the art are the primary goal for the adult class, while discipline and respect are focal points with the children's class.

In January, Harper began the student home chart for the children's class. The home chart was designed to promote and reward positive behavior for the students of the class. The chart is a list of things the children must work on at home and at school. These included such things as, not fighting with your brothers and sisters and saying "Yes ma'am" and "Yes, sir."

A week or two before testing the home chart must be signed by parents and schoolteachers, and then returned to the instructors before the student will be recommended for the testing process. This allows the parents and teachers to be an integral part of the testing.

The hope is for the discipline and respect taught in Taekwondo to continue at home and school. Parents of the students support and like the idea of having another tool to encourage good behavior.

Another program instituted by Harper is the Student of the Month program. Each month one student who has demonstrated discipline, respect, focus, and determination is given the title of student of the month. Along with the title, the student earns the right to wear a special belt bearing the title "Student of the Month", a certificate, the honor of standing in the most senior student position regardless belt color, and a patch signifying they were awarded the student of the month.

If you are interested in the art of Taekwondo, please call Johnny Harper at 5552 or drop by a class and observe. Classes are held Monday through Friday at the Marine Hill Aerobics Room. Check the Gazette's MWR "What's Happening" column and the Roller for class times.

The students that tested are as follows:

For Yellow Belt: Douglas McDonald, Kyle Gorrell, Matthew Schonhoff and Sharon Bush

The center offers everything you need to complete a project – molds, cleaning tools, paints, brushes and sponges – all at reasonable prices. Projects can take as few as two days or as long as seven. The center has also recently acquired three new kilns (for a total of six) helping some projects move along faster.

So, get your creative wheels turning and drive over to the Ceramics Center. Get away from the everyday hustle and bustle, relax and create something wonderful and unique.

For more information on the Ceramics Center, call 4795



Discover unique gifts at the Craft Fair March 9 at the Windjammer.

For Purple Belt: Kelly Baggett, Kimberly Baggett, Alex Blackman, Morgan Bozyday, Marie Brewer, Sharon Bush, Michael Carlton, Alex Cheyne, Hermingildo Clemena, C.J. Denfeld, Melissa Denfeld, Julie DiFraia, Aaron Gariepy, Dan Gramins, Yvette Gramins, Lindel Harris, Alice Helms, April Helms, Justin Helms, Mauricio Hilario, Michael Johnson, Kaitlynn Loop, Sarah Lydon, Zachary Morro, Lynn Raymer, Ashley Stephenson, Erica Stephenson, Major Torley, and Tanner Torley

For Purple Stripe Belt: Neal Babb and Misty Horne

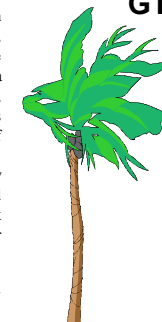
For Green Belt: Neal Babb and Misty Horne

For Green Stripe: Belt, Andrew Cheyne

For Blue Belt: Heather Brittle

For Brown Stripe Belt: Matt Brittle.

For Red Stripe Belt: Ashley Harper.



GTMO's Plant Nursery

Open Saturdays 8 to 11 am

Beautify your home and yard.

Monthly Plant Gift Certificates are available at the Housing Office.

We have ceremonial plants available for special events.

Volunteers Are Welcome! Returned pots are appreciated!

Want a Smooth Move? FFSC can help

The stress experienced during a Permanent Change of Station (PCS) move comes from more than just the move itself. To help you cope with the effects, the Fleet and Family Support Center provides relocation assistance services by offering a workshop called Smooth Move to active duty personnel, U.S. civilian employees, and their families.

The workshop provides the necessary information to process out of Guantanamo Bay. Representatives from Personal Property, Housing, Personnel Support Detachment, Veterinary Clinic, Tricare, and Security cover the required procedures for checkout. The Relocation Assistant Counselor will provide information on relocation stress and the Financial Education Specialist will provide information and tips on how to budget for the move.

The next Smooth Move workshop will be held March 12 at the Fleet and Family Support Center Training Room at 8 am. The workshop is offered quarterly and members should attend no later than six months prior to detaching from Guantanamo Bay.

All those interested in attending must contact their Career Counselors or contact the Fleet and Family Support center at extension 4141. Spouses are encouraged to attend.

Because of limited seating, sign up now! Remember, March 12, 0800, at the FFSC Training Room.

LIFELines Sponsors Photo Contest

The LIFELines Services Network has announced a photo contest to capture images of the quality of life in the U.S. Navy or the U.S. Marine Corps. A grand prize will be awarded to the entry that best portrays the Navy's or Marines' lifestyle. The contest is being held to increase the number of quality-of-life photos on the LIFELines Web page, while increasing awareness of the spirit of quality of life in the Navy and Marine Corps.

The contest is open to both amateur and professional photographers associated with the Department of the Navy (Navy and Marine Corps). All entries must be received by June 1, 2002. Winners will be announced July 4, 2002. Print specifications, contest rules and an official entry form can be obtained by logging onto LIFELines at <http://www.lifelines2000.org>.

Categories include: Moving Day, Family Fun, Homecoming, Honors and Ceremonies, Retirement, Canines and other Furry Friends, Good-byes, Squids and Grunts, Sports and Recreation, and New to the Military.

Prizes include the following — Grand Prize: Sony Mavica MVC-CD300 digital camera, certificate, ribbon; 2nd Prize: Sony Mavica MVC-FD92 digital camera, certificate, ribbon; 3rd Prize: Olympus IS-30 DLX Reflex camera with 28-110 zoom lens, certificate, ribbon; Best of Category: certificate, ribbon; Honorable Mention: certificate.

Those interested in more information about the LIFELines Services Network should contact Capt. Bill Hendrix at <mailto:billhendrix.william@hq.navy.mil> or

(202) 433-3974, or Cmdr. Rudy Brewington at mailto:brewington.rudolph@hq.navy.mil or (202) 433-3865.

Tips for Taking Good Photos

Get close to your subject - This allows you to focus on your subject and eliminates any distracting backgrounds. When photographing children, get down to the child's level.

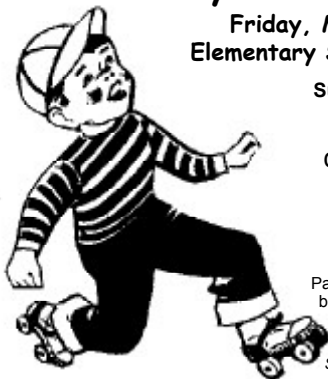
Be patient - Walk around to get the best angle and light. Take a few moments to walk around and look at the subject. Notice how different angles and light affect how things look through your viewfinder. Waiting for the right moment can help you get some great photos.

Choose the right film speed - 35mm film is available in different film speeds, 100, 200, 400, etc. This number is referred to as ISO. The main difference is the film sensitivity to light. 200-speed film is good for outdoor shots, and 400-speed or higher is needed for indoor photos without flash. For action photos (sports events) 400 or 800 speed film will give the best results

Remember some basic composition - The rule of thirds works well as you mentally set up your shots. For example, for an outdoor scene place the horizon 1/3 from the top or 1/3 from the bottom of your viewfinder. When taking a photo of a single subject, like a person, place them in the left 1/3 or right 1/3 of the viewfinder.

Elementary School Skating Party

Friday, March 8
Elementary School Gym



Sure Start - 2nd grade: 5 - 6:30pm
3rd - 6th grade: 6:30 - 8pm

Limited number of skates available.
Children are encouraged to bring their own skates and helmets.

Admission is \$2

PTO will be selling food

Parents: If dropping off your children, please be on time to pick them up as there will be no adult supervision outside the gym.
For more info. call 2207

Sponsored by Elementary School Student Council

Seabees' impact everywhere in Guantanamo Bay, Cuba

By Petty Officer 2nd Class Fabiana DaSilva, PAO Representative, NMCB 3 Detachment.

Edited by Spec. James Strine

Joint Information Bureau

All over U.S. Naval Base Guantanamo Bay, Cuba there is evidence of a whirlwind transformation taking place on the island JTF-160 personnel and Gitmo residents call home.

At first glance, there's the obvious increase in population, but underneath there is a foundation: construction projects and infrastructure forged from endless workdays from construction battalion sailors, or as they are more commonly known, Seabees.

The transformation began when 20 Seabees from U.S. Naval Mobile Construction Battalion (NMCB) THREE arrived here in early December to relieve NMCB SEVENTY-FOUR after a normal deployment cycle. They began work demolishing the recompression chamber operated by Port Operations, continuing a kitchen renovation at the Bayview Club, and equipping pier Victor with fire suppression capabilities.

All that changed on Dec. 26 when those projects were shut down to support Joint Task Force 160.

By Jan. 8, over 100 additional Seabees from both NMCB THREE homeported in Port Hueneme, Calif., and NMCB ONE-THIRTY-THREE from Gulfport, Miss., joined the initial roster of 20. This group, plus augmented Marine Engineers from the 8th Engineering Support Battalion from Camp Lejeune, N.C., and even more Seabees from Amphibious Construction Battalion TWO in Little Creek, Va., became the 22nd Naval Construction Regiment Forward (22 NCR Forward).

When the first wave of additional Seabees arrived Jan. 5, they hit the ground running. Seabees began construction at Camp X-ray the day after they arrived. At the same time, they erected a 40-tent support camp, now known as Freedom Heights, for Army and Marine troops operating at Camp X-ray. Troops arrived the same night so timely completion was essential.

Since the first tent went up, Seabees and Marine Engineers have been working continuously to improve quality of life at the camp for Soldiers and Marines. They have added plywood floors to tents and built several "SEAHuts" (16'x32' wooden buildings) for galley operations, recreational activities, and shower facilities. One of the recreational SEAHuts will be used as a computer lab for the troops to

access the World Wide Web and email. Substantial road and utility improvements have also been completed around Camp X-ray and Freedom Heights to ensure quality support for the mission.

When Fleet Hospital 20 arrived to support detainee operations, 22 NCR Forward completed site preparations while another Seabee unit, Construction Battalion Unit 423 (CBU 423) from Norfolk, Va., constructed the Fleet Hospital facility.

Gitmo residents have not been overlooked. 22 NCR Forward completed several projects to improve quality of life for COMNAVBASE residents. At Kittery Beach, 22 NCR Forward excavated a swimming area and graded the beach to improve the area for family recreation. In addition, a three-mile road was cleared and improved at Hidden Beach for better access, and another quarter mile-long road was improved in support of the Mobile Inshore Undersea Warfare Unit (MIUW) for JTF 160.

Seabees have opened a quarry at Windmill Beach, and have completed one blast with plans for another blast soon. The quarry provides the base with much needed gravel fill and saves the government thousands of dollars required to transport gravel from the mainland.



Got milk?

Service members at Camp X-Ray receive boxes of cookies sent from Girl Scout Troop 455 of Puerto Rico Feb. 27.

Lance Corporal Joshua Devoure, 1st Battalion, 2nd Marines said it "feels good to know there is support" from the home front.

The service members received all the different types of cookies, including favorites like Thin Mints, Caramel Delights, Peanut Butter Patties and shortbread cookies.

Marine son of World Trade Center survivor guards detainees at Gitmo

Story and photograph by Marine Sgt. Joshua S. Higgins

For many U.S. service members, guarding al-Qaida and Taliban detainees at Camp X-Ray can be just another mission, however for one Marine from Camp Lejeune, N.C., the task is a bit more personal.

When the tragic events of Sept. 11 unfolded, Sgt. Randy T. Tulepan, squad leader, Charlie Company, 1st Battalion, 2nd Marine Regiment, was lying asleep in Okinawa, Japan. He was participating in a regularly scheduled six-month Unit Deployment Program, but training had ceased due to a typhoon. According to Tulepan, with everything going on around him, concern for his father's safety was the last thing on his mind. But a wake-up call

from a fellow infantryman would change things quickly.

"A friend woke me and said two planes had crashed into the World Trade Center," recounted Tulepan, a native of Long Island, N.Y. "I didn't believe him at first, but after he insisted he was serious I got up to watch the news."

Tulepan said it did not occur to him right away that his father, Craig Tulepan, was inside one of the buildings. He noted that after a few minutes of staring at the television monitor in disbelief, he recalled his father telling him he would be participating in a 2-week training seminar with Morgan Stanley, an investment banking institution with offices on the 63rd floor of the second World Trade Center tower.

"I didn't know if he was there or not so I began calling home," said Tulepan. "It took over three hours and sixty dollars worth of phone cards just to reach someone. When I finally did get through, my family could only confirm that he was there, but no one knew if he had escaped."

This would begin what Tulepan described as the longest day of his life. It would be more than 14 hours before he found out if his father was still alive or not.

"The hardest thing was watching the news and hearing reports about the possibility of more than twenty-five thousand people dead. An employee at Morgan Stanley told my family most everyone he worked with got out, but we couldn't be sure."

Tulepan indeed learned his father had safely made it to a hotel a few blocks away from ground zero, but he admitted the details his father gave him during their first telephone conversation after the attack were just as frightening as the long wait to find out if he was alive.

"My father explained that after the first building was attacked there was a lot of confusion and no one understood what was going on," said Tulepan. "People around him were saying everything was all right and it was just an accident. When he looked out the window and saw flames from the fire he told everyone he was leaving and they should leave too. As he was walking down the stairs the second plane hit. Fire alarms sounded, lights went out, and the sprinkler system came on. He said it took him nearly an hour to get out."

"Knowing he was that close to death is a very scary thing to think about," he added.

Because his father had such a close call, Tulepan said he feels like his family has a much greater appreciation for life, and although he worries something else could happen, he believes the government is doing everything it can to prevent that. He also noted his family's concern for his safety while deployed here.

"My family worries about me also, but they're glad I'm doing my part in America's war against terrorism," he said. "They talk about how ironic it is I now guard the people responsible for what happened that day."



Sgt. Randy T. Tulepan, squad leader, Charlie Company, 1st Battalion, 2nd Marine Regiment.

French Born U.S. Sailor "Top Performer" At Fleet Hospital 20

Story and photo by JOC Bill Austin
Fleet Hospital 20

Before the Cuban sun peaks over the tops of navy housing speckled throughout U.S. Naval Base Guantanamo Bay, Cuba, French-born Hospital Corpsman Leilah Bowie sits on her front stoop putting a brush to her combat boots.

Bowie, a member of Fleet Hospital 20, based in Camp Lejeune, N.C., treats a most uncommon type of patient, Taliban and al-Qaida detainees.

It began as soon as Navy Seabees cleared and smoothed the rocky soil and sage- doctors, nurses, supply clerks and other hospital corpsmen began a two-day job setting up the massive series of tents that make up the field hospital. Bowie said she didn't speak much during that first day; instead opting to communicate through hard work.

In contrast though, what brought her to this team of medical professionals is a story that could have been borrowed from a dime-store romance novel.

She is from Brest, France, which is about 300 miles from Paris, and is the daughter of a French Sailor. She says one of her passions is traveling. After spending some time in college, she packed her bags and answered a personal calling to hit the road. She moved to Pakistan where her dad was serving a three-year tour at the French Embassy. Once she settled into her new surroundings, she took a job as a secretary at the embassy.

It was during that time she met and eventually fell in love with Staff Sergeant Ed Bowie, a Marine stationed there.

"We dated nine months then we took a vacation to the U.S. to meet his parents, it was there, he proposed to me," she said with a

smile.

After completing his tour in Pakistan, the young couple was off to his next embassy assignment in Geneva, Switzerland where they were married.

Growing up around military life and being married to a Marine set Bowie down another path in her life. Not long after the couple reported to Camp Lejeune, N.C., she joined the military.

"I decided to join because I wanted my own career. When I told my husband, he was surprised at first and wanted to make sure that's what I wanted to do," said Bowie.

When Fleet Hospital 20 received its call up order, and the word hit the street, Bowie's name was not on the list to deploy. She had been serving as a Hospital Corpsman for well over a year, and wanted to be part of this mission.

"I was really disappointed I was not on the list, so I volunteered and they took me," she said.

On a given day, she begins her shift assisting doctors and nurses, providing medical care for detainees, and other medical tasks. "Corpsman Bowie is a straight forward no nonsense sailor. One of my top performers," said Master Chief Petty Officer Matthew DesChamps, Leading Chief Petty Officer.

Fleet Hospital 20 has recently received world media attention in lieu of their medical treatment to the Camp X-Ray Taliban and al-Qaida detainees.

One of the questions often posed by reporters, are the female hospital staff's thoughts on treating the detainees who generally regard women as less than equals. Bowie admits to having experienced this attitude firsthand.

"When I lived in Pakistan I saw people like that," said Bowie with a stern look on her face. "The first time I traveled to Islamabad,

you could tell the way they looked at us (westerners), like we were (women of ill repute)."

Bowie admits, at first she was apprehensive to work with the detainees.

"I first saw Camp X-Ray at night, there were bright lights and it looked like a big jail. I also thought the detainees would try to hit us and be mean to us. After I began my first shift, I realized the security was good and I didn't have to worry. I think the detainees are happy that we treat them. They really want to be well," she said.

After her mission is done here, the future looks bright for the sailor from France. Going back to college is first on her list. She then intends to teach French at a high school.

When asked what she will pack in her memoirs from Guantanamo Bay, she didn't think long about it. "We are living history here, and I'm proud to be a part of it."



Hospital Corpsman Leilah Bowie

JTF-160 PROMOTIONS AND AWARDS

Coast Guardsmen receive awards for excellence in port security

On February 15, Petty Officers 2nd Class Matthew W. Crabtree Donald C. Lindenmuth, were awarded the Port Security Insignia after competently serving and qualifying in the area of port security operations. Both Coast Guardsmen are members of USCG Port Security Unit 305's Security Division.

The idea for the Port Security Insignia originated in Saudi Arabia during Operation Desert Storm. The pin is qualification recognition for those members who obtained specialty training in port security operations in a national defense environment.

The four elements of the insignia are symbolic of the Port Security Unit community. On top, the trident represents America's maritime power and the shield beneath that is symbolic of the Coast Guard. The seahorses on either side looking outward over the breaking waves are symbolic of vigilance and mobility upheld during the mission. Finally, behind the seahorses are crossed Naval swords that represent the joint nature of the PSU security mission and the Navy.



Just a reminder...

JTF-160 personnel now have the opportunity for their servicemembers to be recognized in the JTF-160 pages of the Guantanamo Bay Gazette.

Forward information on promotions, awards and special events to: strijneja@jtf160.usnbgmto.navy.mil Public Affairs support can be arranged on a case by case basis.



Baker's delight W.T. Sampson High School teacher Debra Hoffman-Pahl and her students from the National Honor Society along with the Officers and Civilian Spouse Club baked more than 1300 cookies for the service members at Camp X-Ray. To show appreciation on the behalf of service members at Camp X-Ray, Lt. Col. Bernie Liswell and Command Sgt. Maj. Carroll Adams, both of 115th Military Police Battalion presented a certificate of appreciation to Jennifer Bodenhemier, left and Dorian Banyas February 26.



From the soldiers, to the colors

The U.S. flag is hoisted up by Cpl. Dustin S. Bray, of Kingston, Tenn., Cpl. D. Austin Quehl, of Canastota, N.Y., and Cpl. David J. Docimo, Jr., of Worcester, Mass. for the first time Feb. 18 over Freedom Heights. The hilltop "tent city" houses more than 500 soldiers and Marines who guard Camp X-Ray. The Marines are members of Bravo Company, 1st Battalion, 2nd Marine Regiment and are tasked with providing a morning color guard.

Worship Services

Roman Catholic Mass

(Main Chapel)

Monday - Friday

Daily Mass (Cobre Chapel) 0630

Saturday

Reconciliation 1630

Eucharist/Mass 1730

Sunday

Eucharist/Mass 0900

JTF-160 (Freedom Heights Chapel) 0800

Eucharistic Adoration/Reflective Prayer (Cobre Chapel) Daily, 24hrs

Protestant Service

Sunday

Worship Service - Main Chapel 1100

JTF 160 - Freedom Heights 0800

New Life

(Sanctuary B)

Sunday

Sunday School 1000

Worship Service 1100

Church of Jesus Christ of

Later Day Saints

(Sanctuary A)

Sunday

Sacrament 0900

Jewish

(Sanctuary A)

Twice per month Call 2323

Filipino Bible Fellowship

(Sanctuary A)

Sunday

Worship Service 1800

Inglesia Ni Cristo

(Sanctuary B)

Sunday

Worship Service 2000

Pentecostal Gospel Temple

(Sanctuary C)

Sunday

Worship 0800 & 1700

Seventh Day Adventist

(Sanctuary B)

Saturday

Service 0930 & 1630

United Gospel

(Main Chapel)

Sunday

Service 1245

United Jamaican Fellowship

(Morin Ctr Complex - BLDG. 1036)

(Next to the Cable Company)

Sunday

Worship 1100

Please ask the Faith Group Representative about Education Programs, Bible Study, Prayer Groups, etc. For more details, call the Chaplain's Office at 2323.

Third Annual Quiz Bowl

Friday, March 8 - 1 to 2:10 pm
at the Elementary School

The Question and Answer competition showcases the knowledge of 3rd thru 6th grade students. Everyone is invited to come cheer them on!

GTMO Triathlon

Do you have what it takes to
Swim, Bike and Run your way to the
finish line of GTMO's Triathlon?

Find out March 9.
Compete in Teams or Individually
Show Time: 6:30 am Start Time: 7 am
Muster at Ferry Landing

There will be a pre-race meeting at the Base Gym on March 7 at 6 pm. A Bike Clinic will be held after the meeting.

A copy of the race route is available at the gym. For more details and points of contact call D.D., MWR race coordinator, at 2193 or Lt. Stedje-Larson, Hospital Race coordinator, at 2360

Volunteers are needed to help!! Contact Grace Stedje-Larson at 5660.

Reading, from page 2

meaning, such as barking, growling, shouting.

- Point to objects and characters as you read.

- Let children repeat important words or phrases.

- Relate the story to your child by asking questions he can identify with, such as "where are your shoes?" if the story is talking about shoes.

- Let the child have control of the session if she wants to by allowing her to turn pages, chew the book, or flip around back to front or start in the middle.

- Tell stories, poems, lullabies and rhymes from your memory encourage your child to do the same.

Celebrate reading this Saturday. Pick up a book, any book and read to or with your child. Make it a habit. "You are never to old, too wacky, too wild, to pick up a book and read to a child."

School Lunch Menu

Mar 4 - 8

- MONDAY -

Hot Dogs w/
Cheese, French
Fries, Sweet Peas,
Fresh Fruit, Milk

- TUESDAY -

Chicken Pattie,
Lettuce & Tomato,
Baked Beans, Sliced
Pear, Milk

- WEDNESDAY -

Combination Pizza,
Green Beans, Carrot
Sticks, Fruit Cocktail,
Milk

- THURSDAY -

Beef Taco, Lettuce,
Tomato, & Cheese,
Spanish Rice, Sliced
Peach, Milk

- FRIDAY -

Cheese Burger,
Lettuce & Tomato,
French Fries, Fresh
Fruit, Milk

This Week in Naval History

March 2

1859 - Launch of *Saginaw* at Mare Island, first Navy ship built on West Coast of U.S.
1867 - Civil Engineering Corps created.
1899 - Act of Congress creates the rank Admiral of the Navy for George Dewey.
1973 - Women begin pilot training to U.S. Navy.

March 3

1776 - First amphibious landing operation. Continental naval squadron under Commodore Esek Hopkins lands Sailors and Marines, commanded by Captain Samuel Nicholas, on New Providence Island in the Bahamas, capturing urgently-needed ordnance and gunpowder.
1871 - Navy Medical Corps established
1883 - Congress authorizes 4 modern ships of steel, "A.B.C. D Ships"; three cruisers, *Atlanta*, *Boston* and *Chicago*, and dispatch boat *Dolphin*
1915 - Office of Chief of Naval Operations (CNO) established
1915 - Congress creates Federal Naval Reserve. Under it Naval Reserve Force built up
1960 - USS *Sargo* return to Hawaii from arctic cruise of 11,000 miles, 6,003 miles under the polar ice

March 4

1925 - Congress authorizes restoration of USS *Constitution*.
1963 - Navy Hercules aircraft completes 12-day rescue operation of critically ill Danish seaman from Danish freighter off the coast of Antarctic.

March 5

1942 - Name "Seabees" and insignia officially authorized
1943 - USS *Bogue* begins first anti-submarine operations by escort carrier

March 6

1822 - USS *Enterprise* captures four pirate ships in Gulf of Mexico
1862 - USS *Monitor* departed New York for Hampton Roads, VA
1942 - U.S. Cruisers and destroyers bombard Vila and Munda, Solomon Islands, sinking 2 Japanese destroyers

A Little GTMO History

By YNC Anthony Atwood
MIUW 208, JTF 160

Soon after the destruction of the USS Maine, war was declared against Spain. Half our fleet blockaded Havana. The Flying Squadron searched the Caribbean to find the enemy fleet. May 27, 1898 the Spanish were located at the port of Santiago de Cuba forty miles from here.

Capt. B. H. McCalla, with the cruiser USS Marblehead and USS St. Louis were sent here to Guantanamo Bay. Their crew's mission was to seize the bay for a safe haven in case of a hurricane and cut the submerged telegraph cable that crossed the bay, connecting Santiago de Cuba with the rest of island.

On June 10, a battalion of Marines was landed at Fisherman's Point. Along with the 650 leathernecks came the author Stephen Crane, acting as a war correspondent. The landing party seized the enemy blockhouse (where the Pink Palace is today) and named the high point McCalla Hill, in honor of their Skipper.

For the next three days the troops were pinned down by a superior enemy force. Five Marines and one Sailor: Sgt Maj. Henry Good, Sgt. Charles H. Smith, Pvts. William Dumphy, James McGolgan, Goode Taurman, and Navy Acting Assistant Surgeon John Blair Gibbs

Fighting at McCalla and Crane Hills

were killed in action. Today, their ultimate sacrifice is commemorated by an elaborately engraved cannon located on McCalla Hill.

Running low on ammunition, water and patience, Lt. Col. Robert Huntington and his Marines took the offensive. On June 14, they



McCalla Hill, 1898

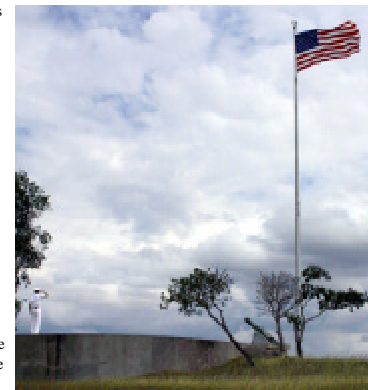
seized the next hill and attacked the Spanish concentrating on Cuzco Well in the draw above Cuzco Beach.

Fighting alongside the Marines were fifty Cuban freedom fighters acting

as scouts. Sgt. John Quick exposed himself repeatedly to enemy fire standing atop the hill with signal flags directing naval gunfire from USS Dolphin offshore. The gunners found the range and shelled the enemy

positions. The Marines charged. The Spanish were routed. Sgt. Quick was later awarded the Medal of Honor for his valor under fire.

The action at Cuzco Well caught the imagination of the American public. The subject of many and detailed news dispatches, it was further chronicled in



McCalla Hill today

Stephen Crane's book "Wounds in the Rain". For his voluntary help as a messenger during the fighting, the hill was eventually named Stephen Crane Hill in his honor.

March is Women's History Month; Celebrate "Women Sustaining the American Spirit"

National Women's History Month was established to distinguish and honor the accomplishments of women in American History. Founded in 1980, the National Women's History Project is a non-profit organization committed to recognize the diverse and notable historical accomplishments of women by providing information and educational materials and programs. In 1987, Congress declared the entire month of March as National Women's History Month.

"Women Sustaining the American Spirit" is the theme for National Women's History Month 2002. The goal is to highlight the diverse and integrated stories of women who have created and affirmed the American spirit. The 2002 theme will help deliver the message of who American women are and what they have accomplished.

The National Women's History Project Honorees for 2002 are:

Alice Coachman (b. 1923) Breaking through the barriers of race and sex, Alice Coachman became the first African American woman to win an Olympic gold medal in track and field when she broke the Olympic record in the high jump during the London Olympics in 1948.

Dorothy Height (b.1912) A passionate leader in the struggle for equality and human rights for all people, Dorothy Height has worked as President of the National Council of Negro Women (NCNW) for over 30 years.

Dolores Huerta (b. 1930) To help create better working conditions for migrant farm workers, Dolores Huerta, along with Cesar Chavez, co-founded and led the United Farm Workers Union.

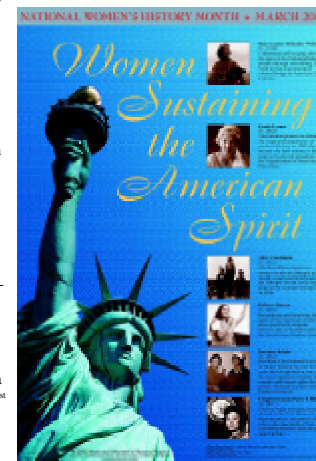
Gerda Lerner (b. 1920) Escaping Nazi terrorism when she was 17 years old, Gerda Lerner became the foremost pioneer in defining the scope and importance of the field of women's history and in 1981 was the first woman in fifty years to be elected president of the Organization of American Historians.

Congresswoman Patsy T. Mink (b. 1927) Knowing the importance of challenging stereotypes, Patsy Mink, the first Asian American woman elected to the U.S. House of Representatives, played a key role in the enactment of Title IX, which is dramatically expanding the opportunities for women in education.

Mary Louise Defender Wilson (b. 1930)

Celebrating and keeping alive the spirit of the Dakotah/Hidatsa people through storytelling, Mary-Louise-Defender Wilson's work serves as an essential cultural bridge as America moves into the 21st Century.

Adapted from
www.nwhp.org



Test Your Women's History IQ

1. She led a 125-mile march of child workers all the way from the mills of Pennsylvania to President Theodore Roosevelt's vacation home on Long Island.
2. She was one of the of the most important Union spies and scouts during the Civil War?
3. She created a line of beauty products for African-American people and became the first African-American millionaire in the United States.
4. She took her job as "First Lady" seriously, traveling the country and the world to gather information about the problems of workers, children, minorities, and the poor. She wrote a daily newspaper column and made frequent radio broadcasts.
5. When the Mexican Revolution of 1910 reached the Texas border, she and her friends organized La Cruz Blanca, The White Cross, to take care of the wounded. They nursed people from both sides of the fighting.
6. She was the last reigning monarch of the Hawaiian Islands,

deposed when American business and military interests wanted to annex Hawaii to the U.S.

7. She opened "Hull House" in a run-down Chicago neighborhood, a community center to improve conditions for poor immigrants. The program of English-language classes, childcare, health education and recreational opportunities soon inspired hundreds of other settlement houses throughout the country.

8. Daughter and granddaughter of Paiute Indian chiefs from Nevada, she lobbied Congress, wrote extensively, and traveled across country during the late 1800s lecturing on the hardships brought upon Native Americans by the U.S. Government.

9. Her 1939 Easter Sunday concert on the steps of the Lincoln Memorial drew a crowd of 75,000.

10. She is regarded as the greatest ballerina born in America. Her father was the Chief of the Osage Indians.

11. She is considered the mother of the environmental movement.

see answers, page 15

HAMMERHEAD SHARKS

By Paul Schoenfeld
Natural Resources Manager

GTMO has recently had reports of hammerhead sharks including a 6'3", 105 pound hook and line catch by Allan Robichaux and another 6 footer sighted by Cell McMillan and Michael Martinez while diving in Phillip's Park. Hammerheads in GTMO waters are not unusual in that at least 2 of 8 species are widely distributed throughout the Caribbean and other tropical waters. These are the great hammerhead (*Sphyrna mokkarran*) and the smooth hammerhead (*S. zygaena*). Both these species are widespread with global distributions, the primary difference being that great hammerheads seem to be more associated with warmer temperate waters than smooth hammerheads who migrate as far north as Canada. They can be found inshore as well as in offshore waters.

These sharks are appropriately named due to the shape of their head resembling a hammer. The eyes, ears, and nostrils are located on the outer edges of this "hammer" and this position is believed to aid the hammerhead in locating prey. Likewise, the front of the "hammer" is lined with electro-receptors also believed to assist in locating prey. There is some suggestion that the "hammer" head also acts as a plane giving the fish lift but there is no indication hammerheads swim better than other sharks.

Great hammerheads can reach typical lengths of 15 feet with a maximum recorded at 20 feet weighing approximately 1000 pounds. The smooth hammerhead typically grows to 12 feet with a maximum recorded at approximately 16.5 feet weighing almost 900 pounds. Great hammerheads are light gray to brownish gray above with white undersides. The first dorsal fin is very tall and curved. The second dorsal and pelvic fins are moderately tall and concave along the trailing edges. The fins have no conspicuous markings and the "hammer" head is straight with a central notch in adults.

Smooth hammerheads are olive gray to dark gray above with white undersides. The first dorsal fin is moderately tall and the second dorsal and pelvic fins are much reduced. The fins frequently have dusky or dark tips. The "hammer" head is also notched at the center.

Hammerheads give birth to live young and great hammerheads

Creature Feature

"Creature Features" are submitted by
The Guantanamo Bay Environmental Office



Kelsey Garland, Shane Garland, and Victoria Robichaux pose with a hammerhead shark caught by Alan Robichaux. Photo by Jeff Rosenfeld

may produce up to 42 young per litter. These may be as large as 2 feet long at birth.

Hammerheads are scavengers as well as predators and primary prey include stingrays, grouper, crabs, squid, lobster, and other sharks.

Hammerheads are potentially dangerous to humans and have been implicated in attacks. There is some debate over whether or not the shark was a hammerhead or which species of hammerhead was involved due to location of the attack or because of the difficulty in positively identifying the different hammerhead species. Regardless, hammerheads are naturally occurring in the marine environment and although we are aware of them and need not fear them, we should respect them as large predators potentially present in GTMO waters.

GTMO SHOPPER

FOR SALE

(1) Paint Ball Guns. Syper EM1 JAVA Edition. Black, fully automatic, 16-inch sniper barrel. Rapid fire - 20 balls per second. Asking \$475. Wiseguy Bruser Silver. Black, 16-inch barrel, semi-automatic. Asking \$150. Call 7433 FMI.

(1) Touch Lamps, \$5 each. Call 4510 DWH or 5645 AWH.

(1) Blue Southwestern Style (L-Shaped) 3 section sofa. Good Condition. Will sacrifice \$250 OBO. Call 7859 FMI.

(1) Toddler portable potty seat. Seats sits on top of regular toilet. \$2. Call 4510 DWH or 5645 AWH.

(1) Pioneer Stereo System: Reciever/Tape Deck/18disc CD changer. Accepting best offer for complete system or individual components. Call 7859.

(1) Washer & Dryer. Whirlpool, stacked. 4-years old. \$300 OBO. Call 5552 FMI.

(2) Everything you need for a baby and more.... Crib and bedding, changing pad, safety gates, bed safety rail, portable hi-chair/booster seat, monitor, wipe warmer, sling seat w/toy bar, toys, baby boy clothing, and more. Call 5803

(2) Lawn mower. FMI, call 5803.

(2) Furniture for sale. Dresser, 6 drawers w/mirror, \$40. Dinette set w/4 chairs, \$40. Metal bunk bed set (full on bottom, twin on top) w/ mattresses, \$80. Call 4105 DWH or 5885 AWH.

(2) 70" mini blinds (2), 70" roller shade, small window fan, 8mm Cannon Video camera - needs work. Little Tikes garden, little tikes tricycle, potty chair. Call 5803

(3) Bruizer Bandit Paintball Gun. 10-inch barrel, covered wire, aluminum body, red w/silver barrel and black expansion chamber. Also includes 150 round hopper (never used), elbow and neck protector, 7 O-rings, Allen wrench, raised sight rail and double trigger. Needs velocity adjuster. All for \$137. Call 5603.

(3) Huffi, City Cruiser bicycles -- one male, one female. \$45 each. Includes helmets. Baby/toddler bicycle seat carrier w/helmet. \$125 new, asking \$50. Call 7499.

(3) Bicycle, Woman's 27", touring/racing, 12-speed. \$50 each. 7718 AWH.

(3) Own a piece of history. Russian made wristwatch with George Bush and Mikhail Gorbachev and American and old Russian flags. \$50. Call 7499.

(3) Baby crib w/Serta Baby Imperial Mattress. \$100 firm. Diaper bag by Samsonite, like new. \$20. Call 7499.

(3) Full-sized refrigerator, used outdoors, but works very well. \$50. Call 3144 AWH

VEHICLES/BOATS

(1) 1990 Hyundai Excel GS, 5 spd, A/C, Power Sunroof, Runs and looks great. Just tuned and serviced. \$2,500.00. Call H 5822 W 6277.

(1) 18-ft Bayliner w/ 7- HP Johnson. Trailer and Fish Finder. \$3,000 OBO. Call 5552 FMI.

(2) SunBird Runabout (Cosair) ski boat, 1986, 19ft inboard with rebuilt trailer. Runs great. Looking for someone who has the time to use it. Asking \$5,000. Call 7657 FMI.

(3) 15.5ft Chrysler Center Console w/ 90hp Johnson outboard motor. Boat includes trailer all required safety equipment, new radio and antenna, compass, lights and more. \$1,700.00 OBO, DWH 72118, AWH 5270.

(3) 1993 Light Blue Ford Escort LX Hatchback. Has cold A/C. New stereo w/cassette. Just tuned up and serviced. THIS IS NOT A GTMO SPECIAL.. Car runs great and looks good. Asking \$3700 OBO. Call 5577.

(3) 1986 Ford Tempo - 5-speed manual transmission, runs good - great GTMO car. \$850 firm. Call 2351 (DWH) or 7319 (AWH).

(3) 1985 Ford Lazer. 2-door standard. \$400. Call 5583.

(3) Motorcycle 1996 Yamaha Virago 1100cc. Great Condition, low miles. Asking \$5,500 firm. Call 7672 AWH.

(3) 12x24 Pontoon Boat w/90 hp engine. \$3,200. AWH 4837. DWH 7125.

(3) Boat for sale. 8ftx18ft. Call 7941 DWH or 7085 AWH.

EMPLOYMENT

The following are job vacancies currently open through the Human Resources Division:
Openings with closing dates:
Secretary (OA) (Temp), first cutoff 2/19/02 Closes - until filled
Personnel Asst., closes 3/05/02

Open Continuous Vacancies:
Supply Technician, 1st cutoff 12/21, closes 12/06/02
For more information contact the Human Resources Division at ext. 4822 or 4430.

The following job opportunities are available at the Navy Exchange.
F/T - Weekdays, Weekends
Meatcutting Worker
Flex - Weekdays, Weekends

Food Service Worker
Motor Vehicle Operator

Flex - Afternoons to 7pm
Cash Office Cashier
For details, visit the Navy Exchange Personnel Office or call 4119.

SERVICES

Babysitter -- American Red Cross Certified. Call Rhett at 7864 for your child care.

Want to go out, have a relaxing dinner alone, or maybe just a movie? Responsible child care available weekdays and weekends. Red Cross trained. Call Amanda @ 7892

YARD SALES

Center Bargo 1160 -- Friday, March 1, 4-5:30 pm

WANTED

JTF MATH TUTOR Mathematically challenged parents seek Math Tutor knowledgeable in the art of advanced mathematics -- slope intercept, graphing calculator, trigonometric ratios and quadratic equations. Great opportunity for member of JTF -- parents will negotiate rides, home cooked meals, family lifestyle, phone and internet use, Fishing trips, use of mountain bike and PlayStation 2. Call 7976 (AWH).

Musicians needed to share talents with elementary school students. March is "Music and Art in the Schools" month. This would be a great opportunity for students to visit with community musicians. Contact Shirley Baggett at 2027 DWH or 7755 AWH.

LOST & FOUND

Lost in the Chapel Hill parking lot or courtyard area on 2/24/02. Gold chain with agate (black and white stone) pendant. If found please call DWH: 4441 or AWH: 7630. Great sentimental value. Thank you.

ANNOUNCEMENTS

Caribbean Naval Lodge A.F. & A.M. will hold its March stated meeting on Wednesday, March 6 at 7:30 pm in Bldg. 1840. All Master Masons in good standing are invited to attend.

PERSONALS

Cookes Say Farewell -- We would like to thank Security's "Bravo Section" for your great support and friendship. We've all had some great times together while so far away from our homes. We would also

like to thank all of our personal friends whom we have met during our stay. It's friendships like yours that make life so pleasurable. Finally, a special thanks to Loreal's and Luca's teachers.

Thank you all!
The Cooke Family

The AACC Board would like to thank all its members and the community as a whole for their support in all the events we have had this year to support Black History Month. We have richly been blessed with your participation. Thanks again GITMO.

Answers to Women's History IQ Test

1. Mary Harris Jones (aka Mother Jones) (1830-1930). Her goal was to bring the evils of child labor to the attention of the president and the national press.
2. Harriet Tubman (1820-1913), who also led over 300 people in their escape from slavery via the system of safe-houses known as the Underground Railroad.
3. Madam C.J. Walker (1867-1919)
4. Eleanor Roosevelt (1884-1962)
5. Jovita Idar (1885-1946)
6. Queen Liliuokalani (1838-1917). Among her lasting legacies: she composed over 200 songs, including "Aloha Oe".
7. Jane Addams (1860-1935)
8. Sarah Winnemucca (1844-1891), later named a chief in her own right. Her autobiography, Life Among the Piutes: Their Wrongs and Claims, was one of the first books by a Native American.
9. Marian Anderson (b. 1902), who had earlier been barred from the singing in the Washington's Constitution Hall because she was Black. Her open-air concert was a triumph over bigotry for this international star.
10. Maria Tallchief (b. 1925), gained international stardom as prima ballerina of the New York City Ballet in a career that spanned 23 years. In 1980, she and her sister, Marjorie, founded the Chicago City Ballet.
11. Rachel Carson (1907-1964), a writer and biologist, touched off an international controversy about the environmental effects of pesticides with her 1962 book, The Silent Spring. The book became a best-seller and the foundation of modern ecological awareness

KUNG POW

Action Comedy
1 hr. 21 min.

Starring:
Steve Oedekerk,
Jennifer Tung,
Tad Horino,
Philip Tan,
Leo Lee

Writer- director Steve Oedekerk creates an off-the-wall comedy and a new martial arts genre that substantially alters dubbed action footage from a 1970's martial arts picture with a brand new twist in the story line and altered dialogue. The story follows The Chosen One (Oedekerk) as he seeks to avenge the death of his parents at the hands of the evil and seemingly indestructible kung fu legend, Master Pain.



KATE & LEOPOLD

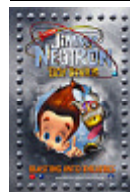
Romantic Comedy
2 hrs. 11 min.

Starring:
Meg Ryan,
Hugh Jackman,
Liev Schreiber,
Bradley Whitford,
Natasha Lyonne

Kate McKay (Meg Ryan) is a modern-day executive, a 21st century woman driven to succeed in the corporate world. Leopold (Hugh Jackman), the Third Duke of Albany, is a charming bachelor in the 19th century. Each has grown weary of waiting for love. But when a dramatic twist of fate lands Leopold in present-day New York, they must confront the prospect of a love affair 100 years in the making.



JIMMY NEUTRON



Kids/Family
1 hr. 27 min.

Starring:
Debi Derryberry,
Patrick Stewart,
Martin Short,
Rob Paulsen,
Andrea Martin

Little Jimmy Neutron is light years ahead of the pack, but when it comes to being cool, he's a little behind. Until one day when his parents and all other kids' parents on Earth are kidnapped by aliens, it's up to him to lead all the children of the world to rescue their parents. With his new found heroism and spacecrafts he invents, he quickly becomes the coolest kid on the planet!

Movies

FRIDAY, MARCH 1

7pm Jimmy Neutron
G - 77min

9pm Vanilla Sky
R - 88min

SATURDAY, MARCH 2

7pm Joe Somebody
PG - 108min

9pm Kung Pow
PG13 - 82min

SUNDAY, MARCH 3

7pm Kate & Leopold
PG13 - 131min

MONDAY, MARCH 4

7pm The Majestic
PG - 150min

TUESDAY, MARCH 5

7pm Kung Pow
PG13 - 82min

WEDNESDAY, MARCH 6

7pm Kate & Leopold
PG13 - 131min

THURSDAY, MARCH 7

7pm Collateral Damage
R - 109min



What's Happening...

MWR/TFE 5K/10K Walk/Run

March 2 - Start Time 6:30am_ Register at Gym

MWR Hospital Triathlon/Biathlon

March 9 - Show Time 6:30am
at Ferry Landing. Individual or Team
Participants Register at the Gym or the Hospital

Liberty Center

March 3 - Spades Tournament
March 5 - Nine Ball Tournament
Call 2010 for more information.

Rick's Lounge

Rick's Lounge is open daily 4pm to midnight to officers and civilian equivalents only.

Youth Center

March 1 - Game Boy Night
March 2 - Open Rec.
Call 4658 for more information.

Free Kayaking Lessons

Every Saturday and Sunday at the Marina, 2 to 4 pm and 4 to 6 pm. Beginners through advanced. Qualified instructors take you through the steps to become a qualified kayaker. Sign up at the Marina or call 2345.

Free Sailing Lessons

Every Saturday and Sunday at the Sailing Center. Learn to enjoy the bay in one of our high speed Zumas, Hunters or Catalina 22's. Qualified instructors help you attain basic to advanced skipper licenses. Call 2345 to sign up.

Total "Fitness" Camp

Denich Gym Mondays & Wednesdays
6:15-7:15 am

Yoga Ultimate Stretch Classes

Marine Hill Aerobics Room
Mon., Wed. and Fri., noon to 1 pm.

Aerobics Classes

Marine Hill Aerobics Room - (Basic Step)
Mon., Wed., Fri. 6 - 7 am. (Interval) Monday -
Friday 8:30 - 9:30 am (Adv. Step) Mon., Wed.,
Fri. 5:15 - 6:15 pm (Circuit) Saturday 9:15 -
10:15 am

"AM" Aerobics Class

MWR Athletics is offering 'am' fitness classes
Monday - Thursdays 6 - 7am at the Marine Hill
aerobics room. Call DD at 2193 for details.

Paintball Tournament

March 15 - Spring 'Paint Slingin' Paintball
Tournament at Cooper Field, 6pm. No
Equipment Rental Fees Field Paint Only.
Awards and t-shirts. Refreshments available.
Captains meeting 6 pm, March 14. Need
practice? See us every Sunday at the Paintball
Range 1 to 5 pm.

Tae Kwon Do

Marine Hill Aerobics Room
Children - Monday - Friday, 4-5pm
Adults - Monday - Friday, 6:30-7:30pm
All ages - Mon., Wed., & Fri., 11am to noon

CDC

Saturday, March 16, 6:30pm to midnight. A
reservation fee of \$2.50 is due by Wednesday,
March 13 to hold a spot for your child. \$2.50
per hour for first two hours. Three hours or
more, \$12.

For more information on any of the events
listed above, call 5225.